



Take a Holiday from Stress!

Thanksgiving and the winter holidays can be filled with busy schedules, parties, shopping, laughter, but also there can be tension and stress. For many people, the holidays mean time off from regular activities, while sharing good times and good food with family and friends. For others, this can be a frustrating and anxiety-provoking time, due to changes in work and exercise habits and dietary concerns. For many, holidays are shared with family, friends and loved ones, yet for many this can be a difficult or dreaded time.

Recognize the Signs of Stress

You know when you're stressed, right? Just remember that the signs are more pervasive than you think! Usually when we think of stress symptoms, we think of high blood pressure, elevated heart rate, overeating, and sweating too

much. Signs of stress also include irritability, insomnia, anxiety, headaches, indigestion, muscle tension, and over-eating, under-eating.

Healthy Ways to Manage Holiday Stress

Be Realistic...When you begin to feel tense and overwhelmed, stop what your doing and try to look at your situation from a fresh perspective. Ask yourself, "Why am I feeling this way? If this task doesn't get done, what's the worst thing that can happen? What is the absolute minimum that I need to do to complete this task?" Be realistic. Every assignment does not have to be perfect. If your assignment isn't perfect, is it really the end of the world? A year from now, will it be important? All too often we get stressed out over everyday things whose consequences are minimal. Try to look at the "big picture."

...The Courage to Change What I Can...

You'd think that stores were giving away gifts, the way shoppers flock to malls during the holidays. But for most families, gift buying typifies just one holiday activity that can lead to seasonal stress.

Who says it has to be this way? Not me. But it's easy to get worked up over an accumulation of tasks like gift buying and wrapping, writing and mailing cards, baking, and a myriad of other deadlines surrounding the holidays. If the holidays are stressful for you, you're not alone. Here are some tips for stress-free shopping.

- Make a list! Before you go to the store, know what you're going to the store for. Who are you buying for today? And what gift(s)

Continued on page 3

Did You Know... Sugar/Artificial Sweeteners!

- Recent European research showing that ingesting aspartame leads to the accumulation of formaldehyde in the brain, other organs and tissues and has been linked to MS, Lupus and fibromyalgia.
- Documented side effects of

Splenda usage include skin rashes/flushing, panic-like agitation, dizziness and numbness, diarrhea, muscle aches, headaches, intestinal cramping, bladder issues, and stomach pain.

- Symptoms of sugar sensitivity are headaches, insomnia,

aggression, panic attacks, irritability, mood swings, and depression.

- Stevia has been used for over 400 years without ill effect and can be used for anything you might use sugar in, including baking.

Inside this issue:

Brush Your Teeth... Save Your Life	2
Herb of the Month	2
Food for Thought: Organic on a Budget	3
The Vibe: Flu Prevention: Vaccinate or Vibrate	4
Supplemental News	5
Flower Power	6
Upcoming Events	7

THOUGHT OF THE MONTH

You will not change anything in your life that you are willing to tolerate.

Brushing Your Teeth May Save Your Life!

A number of recent studies suggest that you may already have a cheap and powerful weapon against heart attacks, strokes, and other heart disease conditions. It costs less than \$2 and is sitting on your bathroom counter. It is none other than the humble toothbrush.

It's not news that there is a significant link between one's oral health and overall health. But there's a growing body of research and evidence that shows that brushing, flossing and regular visits to the dentist

may be at the heart of good cardiovascular health. It seems that oral health, and gum disease in particular, are related to serious conditions like heart disease. So can preventing periodontal disease, a disease of the gums and bone that support the teeth, with brushing and flossing prevent heart disease?

All the data isn't in yet but what has been found is quite intriguing. According to the American Academy of Periodontology, people with periodontal disease are almost twice as likely to have coronary artery disease (also called heart disease). The reason: chronic periodontal disease appears to set off an inflammatory process that exacerbates and contributes to the build-up of cholesterol-rich plaque on artery walls.

Periodontal Disease and Heart Health: How It Works

So what might hardening of the arteries have to do with gingivitis? Research has clearly shown that bacteria from the mouth can enter the bloodstream through

the gums. These same bacteria have been found clumped in artery plaques. So one theory is that these bacteria stick to the fatty plaques in the bloodstream, directly contributing to blockages.

Other possibilities lie in the body's own defense mechanisms against bacteria. One of the body's natural responses to infection is inflammation (swelling). It's possible that as these oral bacteria travel through your body, they trigger a

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similar response, causing the blood cells to swell. This swelling could then narrow an artery and increase the risk of clots.

That inflammation could be the root of the problem adds to data researchers are gathering that suggest more and more diseases, including periodontal disease, heart disease, and arthritis, are partially caused by the body's own inflammatory response.

So, could periodontal disease or gingivitis, cause heart attacks and strokes? It's far too early to say. While it's clear that there appears to be a connection, the exact relationship between cardiovascular disease and periodontal disease isn't fully understood.

It's like the chicken and the egg—people who had higher levels of the bacteria had more arteriosclerosis, or atherosclerosis. But no one can say which one caused the other.

But even if periodontal disease isn't actually *causing* heart disease, the connection could still be important. For instance, periodontal disease might be an early sign of cardiovascular problems. Heart disease can be hard to catch early, because many of the conditions

that precede it have no symptoms. You won't ever feel your arteries hardening or your cholesterol rising. But you might notice bleeding or painful gums.

Periodontal Disease and Heart Health: What Can You Do?

It's still too early for *official* preventive steps, since researchers don't know exactly how heart disease and periodontal disease are connected. So, if you're at risk of heart disease, continue to do the obvious:

- Lose weight if you're overweight
- Eat healthy foods
- Exercise most days of the week
- Control any conditions that increase risk, such as diabetes, high cholesterol, or high blood pressure

In addition however, making a special effort to prevent oral health problems may go a long way toward getting rid of yet another potential risk factor for heart disease. If you keep your mouth clean, it's very hard for the bacteria that cause periodontal disease to get started, so you'll also reap other benefits -- fewer fillings, healthier gums, and a brighter smile.

We've always known that a little prevention goes a long way, but we used to think of it in terms of avoiding cavities and things like that. Now it seems that by using your toothbrush and your floss, you might also be preventing much more serious health problems down the road.

These statements have not been evaluated by the FDA. Information given here is not intended to diagnose, treat, cure or prevent any disease.

Herb of the Month— Olive Leaf

While olive oil is well known for its flavor and health benefits, the leaf has been used medicinally in various times and places. Natural olive leaf and olive leaf extracts, are known for their anti-aging, immunostimulators, and even antibiotics properties. Clinical evidence has proven the blood pressure lowering effects of carefully extracted olive leaf extracts and research supports its anti-bacterial, antifungal, and anti-

inflammatory effects at a laboratory level. Olive leaf extract recently gained international attention when it was shown to have an antioxidant capacity almost double green tea extract and 400% higher than vitamin C.

The Olive Leaf is renowned for defeating harmful micro organisms. As an antibiotic, it proceeds with equal ability against virus and bacteria and many types of

fungal parasite problems. Olive Leaf possesses the ability to disrupt the virus when it tries to reproduce and stops it in its tracks.

Freedom from recurrence of colds and flu with fatigue and muscles soreness, demonstrate Olive Leaf's role in strengthening the immune system's scavenging ability.



Food for Thought: Eating Organic on a Budget

Every parent wants a healthy, balanced diet for their family, including incorporating organic foods into the menu. But why is it that organic food seems so expensive and out of reach for many families? The truth is that organics are much more expensive to produce, therefore costing more to the consumer. But this doesn't mean organics are out of reach for families or that you have to blow your budget just to go green.



help you save more on your organics:

Don't pay extra for all organic produce. Learn the dirty dozen. The

USDA found that even after washing some types of fruits and vegetables, that they still carry higher levels of pesticide residue than others. The dirty dozen include: apples, cherries, grapes, nectarines, peaches, pears, raspberries, strawberries, bell peppers, celery, potatoes, and spinach. So buying these organic will help

You don't have to blow your budget to go green and eat healthy

cut down on exposure to these toxins.

Invest in Groceries. Buy extras of items that are on sale, like oats or meat you can freeze. Since grocery stores have a time table of when everything goes on sale, you may not be able to get the sale at the same low price for awhile. By buying before you need it, when it's on sale, you are investing in your groceries.

Check store brands. Almost every major supermarket chain has organic

Here are some tips to



Continued on page 4

Stress—Take a Holiday (continued from page 1)

are you looking for? Don't try to shop for everyone or everything all at once. Have a plan and stick to it!

- Shop during off-peak hours! Shopping while everyone is at work is a great way to avoid long lines, crowded malls and parking nightmares!
- Shop off the beaten path! Make your gift giving unique this year! Avoid the malls. Try shopping at boutiques or other small stores.
- Shop online! No long lines on the Internet! Shopping in the comfort of your jammies with a hot cup of herbal tea is definitely stress-free!
- Don't shop! Bake all of your gifts! Make all of your gifts!

Eat, Drink... and be Healthy

The holidays are normally a time to celebrate with food, traditional family dishes and lavish desserts. Eating is very much a part of the holidays and causes anxiety for many of us because we are afraid that we will overeat or not eat as "healthy" as we normally do. How much can we eat? What will the scale read after the holidays?

The holidays can play havoc with our health. Fortunately, with all of the food around, nutrition can play a big part in reducing stress. When our bodies aren't operating at peak efficiency, we feel stressed, and our immune systems aren't operating at the level they should be. Smart holiday eating tips for minimizing stress include:

- Decrease the amount of fat and sugar you eat. Ironically, the more fat and sugar we eat, the less energy we have, and the more stressed and run down we feel.
- Drink lots of water. Symptoms of dehydration can mimic serious anxiety – irritability, fatigue.
- Minimize your intake of alcohol and caffeine. Alcohol and caffeine are both dehydrating to the system. If you're going to drink during the holidays (or any time!), have a glass of water in between drinks. It keeps the body hydrated, and helps minimize any potential hangovers!
- Eat in moderation. Reprogram your thinking. Just because something is good, more doesn't necessarily make it better.

Learn How To Relax...Easier said than done. According to the American Institute of Stress, more than 110 million Americans take medication for stress related causes each week. When the holidays come along, people already predisposed to stress can find themselves feeling blue and more stressed out than usual. For those of us who don't ordinarily feel stressed under the pressure of events or deadlines, the holidays can still play havoc with our lives. So what can we do? Plan for stress, just like you plan ahead for any calamity you want to avoid.

- Get a massage! Beneficial for the mind and body, a massage can do wonders in alleviating stress and tension.
- Get your rest. Just because the stores don't close until midnight doesn't mean you have to be there to lock the doors.

The good news is you don't have to let stress ruin your holidays. Managing your time, attitude and diet can go a long way toward making the holidays happy-days!

The Vibe

Cold and Flu Prevention – Vaccinate or Vibrate!

'Tis the season for turkey and presents, fun, frolicking and... oh yes, the flu. The flu season is generally considered between October and May with the peak of the season falling between late December and March. Every year in the United States, on average, 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from flu complications.

People are beginning to rethink their attitudes toward seasonal immunization and are looking for alternatives.

The conventional approach to flu prevention is through the administration of vaccines. The belief that vaccines are safe and effective is pervasive in today's society. Yet, in 2007, studies found that the flu vaccine was just 44% effective in protecting Americans against the flu. In addition, vaccination often carries with it unpleasant side effects – ranging from inflammation or mild flu symptoms to

nervous system disorders. Given the rate of ineffectiveness, coupled with the increased awareness of the potential negative side effects of such drugs, it's no wonder people are beginning to rethink their attitudes toward seasonal immunization and are looking for alternatives.

Vibrational Remedies – Tried, Tested and True

There is a long history of successful management of serious acute infections with homeopathy, particularly the flu. Homeopathic medicine proved extremely effective in the management of the 1918 flu epidemic, and it will prove itself in any future flu pandemic, just as it does every winter in the treatment of that year's flu cases. The Spanish flu pandemic was a plague that exceeded the ravages of the Bubonic Plague of 1347 that killed a third of the European population. Worldwide the Spanish flu killed an estimated 40 million people. In some primitive cultures the death rate was 100 percent. Fortunately, many patients in

the United States had access to homeopathic medical care. A report to the American Institute of Homeopathy in 1921 documented the dramatic success of homeopathy in the worst flu pandemic in history. The death rate of 24,000 flu cases under conventional medical care in that study was 28.2 percent, while the death rate of 26,000 cases treated with homeopathy was a nearly miraculous 1.05 percent. Similarly, many homeopathic physicians each reported treating thousands of patients with very few deaths.

Where do I Vibrate?

Finding the right homeopathic medicine for the flu is usually straightforward because the symptoms tend to be dramatic and easily characterized. Here are some available flu remedies and the presenting symptoms that indicate their use.

The two most frequently indicated homeopathic flu medicines over the past 100 years have been *Gelsemium* and *Bryonia*. There are significant differences in the symptom pictures of these

Food for Thought (continued from page 3)

Continued on page 5

products under their own private label. So we get to enjoy the benefit of organics at a great “store brand” price! Before you wonder whether this really represents that the food is organic, just remember- the conditions under which a product may be labeled “organic” is mandated by the USDA, so name brand USDA certified organic is probably no better than store brand USDA certified organic.

Visit your local farmer's market. Often times farmer's markets offer organic produce, and you can save since there are no overhead costs like those of a

Visiting your local farmer's market can save money since there are no overhead costs like those of a traditional brick and mortar store.

traditional brick and mortar store. Additionally, this is a great place to haggle for lower prices, especially when making a large purchase. Chances are that at the end of the day, you may get a price break since many farmers would rather not go home with surplus goods.

Join a co-op. A co-op is a place where a group of households get a share in a large wholesale organic purchase, usually produce. Although a fee or membership usually applies, members get a discount in the store, either on all or selected items.

Organic groceries are a great way to introduce healthy, green and *delicious* foods into your family's diet- and doing so doesn't have to cost an arm and a leg!



Supplemental News

Flu Prevention (continued from page 4)

two medicines that make it easy to decide which is the better fit. They are not the only medicines used to treat the flu, but between them they will probably fit the majority of cases.

Bryonia and **Gelsemium** type flus both come on slowly over a 6-12 hour period. You begin to feel gradually worse over that time. By the second day you have aching muscles, feel pretty bad, and usually have a headache. **Bryonia** has more pain in the front of the head, which is definitely made worse by moving the head, or moving the eyes, and feels better from pressing the hand on the head. **Gelsemium** has pain in the back of the head with stiffness and aching in the neck and across the shoulders. **Gelsemium** does not want to move much either, and you may feel worse from moving around, but you avoid movement primarily because you are so tired. The characteristic state of **Gelsemium** is lethargy and fatigue. By contrast, **Bryonia** is tired but also restless. **Bryonia** discomfort is worse from motion, but at the same time you feel the urge to move about restlessly in the bed. No position seems comfortable. **Bryonia** is thirsty, **Gelsemium** is not. In fact **Bryonia** is generally warmer and drier. **Bryonia** wants air and cool temperatures to calm the heat. **Gelsemium** is chilly and sensitive

to cold; cold shivers go down the spine. At the same time **Gelsemium** is clammy with the fever, and feelings of heat and cold may alternate. **Bryonia** has more coughing and chest symptoms, a painful cough that aggravates the sore throat. The **Bryonia** cough will also cause chest pains, and the inevitable reaction to this situation is to press the palm to the chest to minimize the movement caused by coughing.

Gelsemium does not have the energy to be emotional. **Bryonia** is irritable, worried, and fretful. **Bryonia** wants to be left alone, **Gelsemium** is too exhausted to respond.

Baptisia is a bad flu that comes on quickly with a high fever. Suddenly with a **Baptisia** flu you are very sick and going downhill fast. Mentally **Baptisia** is confused, stupidly dull, and even delirious, sleepy all the time and unable to even answer questions. The main characteristic is an offensive odor from the sweat, the mouth, and the stool, and **Baptisia** flus are accompanied by both diarrhea and vomiting.

The **Rhus toxicodendron** flu immediately distinguishes itself by its extreme restlessness. With all of the aching pains **Rhus tox** is better from moving. Constant motion, changing positions, and stretching

provide the only relief. If you lie still with a **Rhus tox** flu you begin to ache, which forces you to move. Nighttime is the worst for **Rhus tox** because of the difficulty remaining in one position. You will toss and turn looking for relief. Mentally **Rhus tox** is anxious with a restless mind, and emotionally a sudden depression with crying is common. Like **Gelsemium**, **Rhus tox** is chilly and sweaty. **Rhus tox** is also sensitive to cold and better from warmth. The headache of both **Rhus tox** and **Gelsemium** has its focus in the back of the neck and head with aching across the shoulders. **Rhus tox** has a very dry mouth, but despite the dryness is not very thirsty.

Homeopathic remedies do not have any direct effect on the virus. They work by modify your body's response to it by enabling your defense mechanism to a better recognition of what needs to be fought off. For this reason, they never have an issue with resistance. In the end, Homeopathy may end up being the most reliable method of saving lives in a bad epidemic. It has happened before, and it may happen again. We owe it to ourselves to be ready!

Cold & Flu Season is upon us...ARE YOU PREPARED!

**Vibrational Cold and Flu Remedies Available at
*Healing Tree Wellness Center***

540-745-3030

Call, Come By or Email to request your remedy today!

Supplemental News

Healthy Sweets for the Sweet!

The sweetest things in life aren't always free, especially when it comes to the foods we eat. Most of the delicacies we crave are crammed with unwanted calories—and that means physical and emotional stress!

Well, now you can enjoy la dolce vita without the risk of increasing your waistline. Stevia is made from an unusually sweet herb that contains almost no caloric value at all.

Stevia is a naturally sweet herb native to Paraguay. Also known as sweet leaf and sugar leaf because its leaf extracts are some 300 times sweeter than sugar, it has been used in countries around the world for centuries. And while it's very sweet, it's not related to sugar in any way and actually has no calories. In the US it is officially considered a "dietary supplement."

SCIENTIFIC SUPPORT

Stevia may be especially beneficial to diabetics because of its hypoglycemic effect. In addition, some studies have shown that Stevia can help control hyperglycemia, improve glucose tolerance, decrease plasma glucose levels, lower blood pressure and reduce glucose production in the kidneys.

BUT WHAT ABOUT SUGAR?

Refined sugar is virtually devoid of nutritional benefits and, at best, represents empty calories in the diet. At worst, it has been implicated in numerous degenerative diseases. Stevia is much sweeter than sugar and has none of sugar's unhealthy drawbacks. In addition, scientific studies have shown that Stevia "significantly" inhibits the development of plaque in the mouth, thus Stevia may actually help to prevent cavities.

Further research may indeed show that

Stevia may be the natural solution to the many health problems -- especially the current prevalence of obesity and diabetes -- that have been associated with excessive sugar consumption and artificial sweeteners. Perhaps it's a solution that was there all along, with none of the added health concerns that have been created by the development of artificial sweeteners.

So supplement your diet the right way, and say goodbye to the guilt.

Note: if you are currently taking medications to control your blood pressure or regulate your blood sugar—as with anything new you introduce into your diet—proceed with wisdom.

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Flower Power: Make Your Holidays Happy!

The holiday season, which begins for most people with Thanksgiving and continues through New Year's Day, often brings unwelcome guests — stress and depression. And it's no wonder. In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name a few. So much for peace and joy, right?



Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning, some positive thinking, and the help of flower essences, you may find that you enjoy the holidays this year more than you thought you could.

YOUR INNER CALM— ON CALL.

Rescue® Remedy has become every a favorite emotional ally due to its calming and centering energy. It's relied upon by people around the world to provide unconditional support during demanding times.



Taken anytime, anywhere, Rescue® Remedy is totally natural and contains five of the 38 Bach® Flower Essences: Rock Rose for terror and panic, Impatiens for irritation and impatience, Clematis for inattentiveness, Star of Bethlehem for shock and Cherry Plum for irrational thoughts.



Traditionally used to relieve feelings of anxiety and stress helping to provide a sense of focus and calm, its fast and smooth

action makes it a staple for holidays or anytime our emotions are put to the test.



Whatever the situation – immediate or ongoing - Rescue® Remedy can help.



**HEALING TREE WELLNESS CENTER
AND HERB HOUSE**

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Email: info@healingtreehealth.com

*Specializing in Pain Relief
and Health Recovery*

**FRUIT OF THE
TREE**

SERVICES

Shiatsu Therapy - Shiatsu stimulates energy to smooth its flow, and in the process remove any imbalances, blockages, or deficiencies which tend to manifest as health or emotional problems.

Whole Body Health Assessment -Iridology, Facial and Tongue Analysis, and Applied Kinesiology are combined to identify systemic imbalances in the body. The results of these non-invasive modalities are used to develop an individualized health protocol employing nutrition, herbal supplements, flower essence remedies and lifestyle enhancements to help you to restore and maintain your optimal health

Nutritional Metabolic Typing— As a rapidly emerging discipline within the field of nutritional science, Metabolic Typing offers exceptional opportunities for health and wellness. By evaluating the highly individualized dietary requirements of a client, Metabolic Typing unleashes the real power inherent in nutritional science.

Ionic Detox Foot Baths—Ionic foot baths aid the body’s natural detoxification process. Taking an ionic footbath is a simple and effective way to stimulate natural body cleansing and draw out toxins and heavy metals through the skin pores.

Ear Candling—Ear candling is a centuries old method that encourages the enhanced state of health to the ear, nose, throat and sinus area by softening, loosening, and helping to break-up ear wax that your body cannot naturally excrete on its own.

Behavioral Counseling— Offering discrete, effective, accessible therapy for your Behavioral Health concerns.

Care Management— Simplify complex and stressful situations associated with health care and connect you with needed services, resources and care providers.

Give the gift of health! Gift Certificates Available!

Upcoming Events

THURSDAYS, SEPT. 9TH —NOV. 18TH
5:30—7:00PM
@ Healing Tree Wellness Center

BodyWorks Comes to Floyd!

This 10-week health education program focuses on parents as role models and provides them with the tools and support they need to create healthy lifestyles for their children. Parents who enroll in the *BodyWorks* program will receive a *BodyWorks* toolkit and will attend regular group meetings to help maintain behavior change.

TUESDAY, OCTOBER 26TH—7PM
@ JESSE PETERMAN LIBRARY
Floyd Holistic Health Network Presents:
Happy, Healthy Holidays w/ Lynise Anderson

Explore the relationship between food and health with Certified Nutritional Consultant Lynise Anderson, N.D. Learn about the

healing properties of foods, understand what your body does with the foods you eat and discover how you can achieve and maintain your ideal weight, enjoy sustained energy and manage stress by eating the right foods!

October 2010

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November 2010

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